

## ABSTRACT OF THE DISCLOSURE

A splint (10) worn by a sufferer of carpal tunnel syndrome. A first sleeve (12) fits over the person's hand (H) and extends up their arm (A) past their wrist (W). This sleeve is worn during non-working portions of the person's day and includes a support (14) formed in the palm portion of the sleeve to support the carpal tunnel and relieve pressure on the median nerve passing through it. This alleviates pain caused by carpal tunnel syndrome. A second sleeve (22) also fits over the person's hand and extends up their arm past their wrist. This second sleeve, which is also worn during non-working portions of the day, extends further up the person's arm than the first sleeve. A support (24) of this second sleeve extends along the back of the person's hand to also relieve pressure on the median nerve and alleviate the pain caused by carpal tunnel syndrome.